



Introducing **EMBODY**:

Empowering Mothers toward Better health Outcomes During *the childbearing Years*

EMBODY is a NSW Public Health Service first virtual maternal health program lead by the team of physiotherapists at the Royal Hospital for Women.

Women commonly experience a deterioration in physical, mental and social health during their pregnancy that may not completely recover post-partum. The extent of health deterioration is comparable to the poorer health and function experienced by adults with heart disease and diabetes. A mother's gestational health additionally has long term implications to their own and their newborn's physical, mental and social development.

The RHW Physiotherapy team have tailored both prevention and treatment solutions for a more comfortable pregnancy, a more active birth and a speedier recovery after birth. The 4 antenatal and 4 postnatal group physiotherapy sessions are tailored to women's needs at different stages of their pregnancy and postnatal recovery. Both programs are interactive and designed to support the acquisition and implementation of important health behaviours to improve maternal health outcomes; such as pelvic floor exercises, exercise recommendations and optimising bladder and bowel health. Women are given the opportunity at every session to complete surveys, which flag at-risk women to the physiotherapy department for individual antenatal and postnatal care.

We are passionate about ensuring that all women have access to essential health information at the most important times throughout their childbearing journey. Embody empowers women with easily achievable lifestyle guidance based on evidence based practice, provided by expert physiotherapists.

We need your help to inform of our classes women early in their pregnancy. Please email seslhd-physiorhw@health.nsw.gov.au for further information and to book women into this important program. They are currently being booked via the information on their booking forms, so if they are missed at this time point we require contact to ensure their participation in the program.

**Please note these sessions are for women giving birth at the Royal Hospital for Women only.*